

## PATIENT INSTRUCTIONS FOR DIAGNOSTIC IMAGING EXAMS

If you take oral medication for an ailment, you should take the medicine as usual with a minimal amount of water. Tuality Healthcare does NOT provide childcare services. The safety of your child is your responsibility. NO children are allowed in the exam room without additional adult supervision. Please turn off all cell phones when you check in for your exam.

Please tell us at the time the appointment is scheduled if the patient has special needs, i.e.: coming via stretcher or wheelchair, needs a lift, transfer device, or interpreter services (other than Spanish), is unable to care for self, or is coming from a residential facility or group home. These patients may need to have a family member or facility staff accompany them throughout their exam to provide personal care as needed.

### GENERAL RADIOLOGY PREP INSTRUCTIONS

- Upper GI, Esophagram: Nothing to eat or drink after midnight. This includes swallowing any liquids, smoking or chewing gum.
- Barium Enema: Please print the colonic preparation instructions from the Tuality website 3 days prior to scheduled procedure. Follow the instructions starting at the 48 hour line.
- Small Bowel Follow Through: Please print the colonic instructions from the Tuality website 2 days prior to scheduled procedure. Follow the instructions starting at 24 hour line.
- Arthrogram: No preparation is needed. For knee arthrograms, you will find it more convenient to bring shorts to change into for exam.
- Bone Density: Do not take any calcium supplements on the day of the exam. Do not wear any buttons, zippers, metal around waist area. Weight limit is 400 pounds.
- Other: \_\_\_\_\_

### ULTRASOUND PREP INSTRUCTIONS

- Abdomen (gallbladder, liver, pancreas, spleen, aorta etc.): Nothing to eat or drink 8 hours prior to exam (water OK).
- Uterus, Ovaries or OB: You need a full bladder for this exam. Drink at least 16 ounces of water 30 minutes prior to exam.
- Kidneys/Bladder: You must have a full bladder for this exam. Drink at least 16 ounces of water one hour prior to exam.
- Venous Extremities, Carotid, Thyroid, Superficial, Scrotal: No prep
- Biopsy: Some biopsy procedures may require special lab work or withholding medications. Please call if you have questions.
- Other: \_\_\_\_\_

### CT SCAN PREP INSTRUCTIONS

- Weight limit for all CT scans is 425 pounds. (girth may impede exam at lower wt)
- Head: Check in 1/2 hour prior to exam. If exam is with contrast, nothing to eat for 4 hours prior to exam. Water and juice are encouraged, but no coffee, milk, or carbonated beverages during that time.
  - Chest: Nothing to eat for 4 hours prior to exam. Water and juice are encouraged, but not coffee, milk, or carbonated beverages during that time.
  - Abdomen, Pelvis: Check in 1 hour prior to exam. No food, coffee, milk, or carbonated beverages for 4 hours prior to exam. Water and juice are encouraged, but not coffee, milk, or carbonated beverages during that time.
  - Kidney, Renal: Check in 1/2 hour prior to exam. Nothing to eat for 4 hours prior to exam. Water and juice are encouraged, but not coffee, milk, or carbonated beverages during that time.
  - CT Angiogram: Nothing to eat for 4 hours prior to exam. Water and juice are encouraged, but no coffee, milk, or carbonated beverages during that time.
  - Spine, Extremity: Check in 1/2 hour prior to exam. No preparation needed.
  - Biopsy procedures: Check in 1 hour prior to exam. Nothing to eat or drink for 8 hours prior. **Special precautions may apply to patients who are taking anticoagulants**, please call for instructions. Some biopsy procedures may require special lab work. Instructions will be given when the appointment is scheduled. Please call with any questions or concerns.
  - Other: \_\_\_\_\_

### MRI PREP INSTRUCTIONS

- Weight limit for all MRI scans is 450 pounds (girth may impede exam at lower wt)
- Please wear clothing without any metal, zippers, metallic writing. Sweat pants and t-shirts without metallic writing are recommended.
  - All body piercings will have to be removed before the MRI can be done.
  - Abdomen: Nothing to eat or drink for 4 hours prior to exam.
  - Head: Do not wear any eye makeup.
  - Conscious Sedation Cases: Nothing to eat or drink for 8 hours prior to exam. Must have someone to drive.
  - Contact Scheduling (503-681-4015) if you have any of the following contraindications: tattoos, tattooed eyeliner, Pacemaker, shunts, aneurysm clips, or any other metal implant, including bone pins, plates, screws, rods, foreign body  
 \_\_\_\_\_ Claustrophobia \_\_\_\_\_

Any Surgeries \_\_\_\_\_

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| <input type="checkbox"/> Tuality Community Hospital<br>335 SE 8th Ave., Hillsboro<br>503-681-4015<br>503-681-1777 FAX      | <input type="checkbox"/> Tuality 7th Ave. Medical Plaza<br>333 SE 7th Ave., Hillsboro<br>503-681-4015<br>503-681-1777 FAX         |
| <input type="checkbox"/> Tuality Forest Grove Hospital<br>1809 Maple St., Forest Grove<br>503-359-6170<br>503-359-6913 FAX | <input type="checkbox"/> Orenco Station Medical Group<br>6355 NE Cornell Rd., #100, Hillsboro<br>503-597-3130<br>503-681-1777 FAX |

